

Instant *Multigrain rice* Based on Kepok Banana Rice (*Musa paradisiaca* L.):

A Study of Product Characteristics as Functional Food

Supervised by: Dr. Elly Kurniawati, S.TP., M.P.

Talitha Ardelia Zabrina Trixie

Study Program of Food Engineering Technology

Majoring of Agriculture Technology

ABSTRACT

*Instant multigrain rice based on kepok banana rice (*Musa paradisiaca* L.) was developed as a high-fiber functional food alternative as the community's need for practical and healthy food increases. This study aims to analyze the influence of the proportion of banana rice on chemical characteristics and determine the level of sensory acceptance of instant multigrain rice based on banana rice. The study used a Complete Random Design (RAL) with one factor, namely the proportion of kepok banana rice, consisting of five treatments (F1: 0% banana rice, F2: 10%, F3: 20%, F4: 30%, F5: 40%) with 2 replicas, analyzed using ANOVA and DMRT follow-up test at 5%. The results showed that the proportion of kepok banana rice had a real effect ($p < 0.05$) on all parameters except for the hedonic quality of taste. The best formulation was obtained in F3 (20% banana kepok rice, 20% sorghum, 10% brown rice, 10% corn, and 40% edamame) with a dietary fiber content of 12.06%, protein content of 18.51%, fat content of 9.64%, moisture content of 9.24% & hedonic color score of 4.08, aroma of 3.36, taste of 3.28, and texture of 3.80, with characteristics of a slightly yellow color, a rather strong aroma, a somewhat savory taste, and the texture is a bit fluffy.*

Keywords: *banana rice kepok, multigrain rice instant, functional food, dietary fiber, sensory*